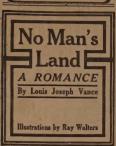
MEREDITH, N. H., WEDNESDAY

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# SERIAL



atherine was recovering code and ... What when she had had time d thought? Would her e shield him, to further prevail? Or would some of duty force her to exhering ruin down upon cruelty at Crphane' Home-Kills

ically. The real awakening to the same mergency case. He held tituation was yet to come—nor her would it be long delayed, effected him; and he earned it. I risis was not yet past. ell," he said, with a carsiess much, "I'm here, you see. It is wouldn't take that trip again for a supply of the same conditions and the same conditions are supply of the same conditions. But what's become of him?" "Vell, then ... But what's become of him?" "Ot, he went back te his boat—ley were from the decha of add he didn't dare to leave her for



He began to unfasten at. "Lucky to get here beach. Besides, he said his wife'd be frettling about him and he wanted to be ready to beat back the first

side of the channel—forget NEWHAMPSHIRE STATE NEWS

mean?"
But though his story didted, the tension held crine was recovering

new forest nursery has been

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CENUINE CASTORIA ALWAYS

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#### REVOLT OF THE SPINSTERS IS ATTACKED BY VAMPIRES

CORPSE IN TWO COUNTRIES

### CHANCE FOR PHILATELISTS

# Shattered Relic of War



### CONTENTS OF AVERAGE MAN hours, about 5,840 tons a year; to a WHERE A BATH IS A LUXURY

### PIN IN THROAT SEVEN YEARS

#### FROM NEWTON'S APPLE TREE

### FORTUNE FOR FARM HAND

NATION SAVED BY A SPIDER Your Liver

Scotland Profited by the Lesson the Is Clogged Up Insect Taught to its

**NEVER GAUSED** RHEUMATISM

W Seldom See ABSORBINE

Why Oxalbitol

ACHES Pottit's Eye Salve







### Green Rays From The Sun

**Cutlets and Cutlets** 

# DADGERS LOGGERS FACE





### Convalescents



### COLOMBIA EMERALD IS BEST

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DISFIGURING ECZEMA CURED

A QUARTER CENTURY BEFORE THE PUBLIC

ALLEN'S FOOT-EASE.

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For The Woman

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t week on business. Harry Wallace and Lewis Ga and attended the State Grang beting at Laconia, May 4.

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Remember the Date, May 16---Thursday



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Gentlemen's Oxfords, prices \$2.00 up to \$4.50. Ladies' Oxfords from \$1.50 to \$3.50. Also Oxfords for the boys and girls.

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Ginghams, Muslins and Fancy Seersuckers for Dresses. All prices.

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THE RED FRONT STORE

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You are sure to get Satisfaction when you send your laundry to the Lake City Steam Laundry.

Everything turned Saturday poon.

Leave Bundles with

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The Daniel B. Eaton farm

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### Listless, Languid, Dejected, Unconcerned?

OUR NEW KIDNEY PILLS will MAKE YOU HAPPY AGAIN

They clean and purify the blood through the great fil-tering and purifying plant—the Kidneys.

The only way to avoid or remedy Catarth of any kind is through the blood. Keep the Kidneys clear with our remedy and you will keep the blood clean and pure. It will not disturb the most delicate stomach. 50c per pack-

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to paint than to let your buildings go

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# Wardsworth & Howland's BAY STATE PAINT

is the cheapest to use because it IS THE BEST for sale by

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a new departure for us! All made by the old reliable CARTER & CHURCHILL CO.

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WHITE MOUNTAIN GRASS SEED

Fertilizers and Chemicals of all kinds CHICK FEED for the chickens HEN FEED for the hens all under one roof.

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# Plumbing, Heating

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We have secured the services of a first class plumber and now expect to be able to get our work out on time and do it in a workmanlike man-

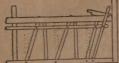
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#### NEW STYLE OF MILK BOTTLE



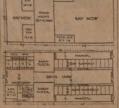
#### PREVENTION OF ROPY MILK

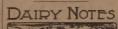
HANDY DEVICE IN THE BARN



MANAGING A MATURE BULL

#### PLAN OF SATISFACTORY BARN







#### LITTLE TAD GAINED HIS WAY

SLOT MACHINES NOT MODERN



AMUSING GAME OF BASEBALL



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By ALBERT PAYSON TERHUNE

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### World's Largest Chimney



FREE Book Before You







Stiffness, Pains, Aches











MINARD'S

"Couple of suffragettes out here throwing stones at your window," hawled the policeman.
"How long have they been doing that?"

# The Carliest Known Englishman A Pre-Boulder Clay Man







FOUGHT HIS WAY TO FREEDOM

FROM THE EDITOR. e Forgot That He Had a Stomach

# If You Like a Little Quiet Fun

Ask some pompous person if Grape-Nuts Food helps build the brain.

Chances are you get a withering sneer and a hiss denunciation.

Then sweetly play with the learned toad.

Then sweetly play with the learned toad.

Ask him to tell you the analysis of brain material and the analysis of Grape-Nuts.

"Don't know? Why, I apposed you based your opinions on exact knowledge instead of pushing out a conclusion like you would a sneeze.

"Well, now your tire is punctured, let's sit down like good friends and repair it."

The bulky materials of brain are water and albumin, but these things cannot blend without a little worker known as Phosphate of Potash, defined as a "mineral salt."

One authority. Geohevan, shows in his analysis of heir

One authority, Geohegan, shows in his analysis of brain 5.33 per cent total of mineral salts, over one-half being Phosphoric Acid and Potash combined, (Phosphate of Potash) 2.91 per cent

Beaunis, another authority, shows Phosphoric Acid and Potash (Phosphate of Potash) more than one-half the total mineral salts, being 73.44 per cent in a total of 101.07.

Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumia and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

Brain is made of Phosphate of Potash as the

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumin and water.

Grape-Nuts contains that element as more than one-half of all its mineral salts.

Every day's use of brain wears away a little.

Suppose your kind of food does not contain Phosphate of Potash.

How are you going to rebuild today the worm-out parts of yesterday?

And if you don't, why shouldn't nervous prostration and brain-fag result?

Remember, Mind does not work well on a brain that is even partly broken down tack of nourishment.

It is true that other food besides Grape-Nuts contains varying quantities of Brain food, Plain wheat and barley do. But in Crape-Nuts there is a certainty.

And if the elements demanded by Nature, are eaten, the life forces have the needed material to build from.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself,
That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make
a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason" for

# Grape-Nuts

POSTUM CEREAL COMPANY, LIMITED, BATTLE CREEK, MICHIGAN, U. S. A.

#### MACK IS MANAGER IN NAME AND IN FACT



AROUND 徳BASES

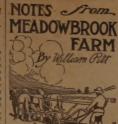
## GREATEST SLABMAN IN GAME



#### HOW FAST DO BASEBALLS GO?

#### QUICK RETURN LOSES GAME





IN THE OASIS OF RHADAMES

